

**Valley Regional**  
**ATHLETIC PARTICIPATION INFORMATION**  
**For 2012-13 school year**  
**860 526-5328**

**The following denotes required items and information needed for students and parents.**

Fall athletic programs at Valley Regional High School begin before school starts. The first allowable date for practice this year is Sat. August 25th (football conditioning starts August 20th)

**Fall Sports at Valley Regional High School Include:** (Coach Contact info)

- Boys Cross Country (Dawn Erasmus 860 836-2545 dawn.erasmus@easthaddamschools.org)
- Girls Cross Country (Lou Luciani 890 857-5772 LEKJ5@aol.com)
- Girls Swimming and Diving (contact VRHS main office)
- Boys Soccer (Mick Fearon 860 526-8057)
- Girls Soccer (Greg Ruel 860 227-0561 gruel@reg4.k12.ct.us)
- Girls Volleyball (Kathy Scott klscott@reg4.k12.ct.us)
- Girls Field Hockey (Beth Powers 860 388-8827 beththetwin@yahoo.com)
- Football (TAKing@reg4.k12.ct.us)

Families should keep the starting day of practice in mind when scheduling vacation and other plans. It is important for athletes to participate in opening season practices with the entire team.

There is also paperwork that must be submitted before any prospective athlete can actively participate in practices and other team activities. There are two forms that must be completed and submitted to the Athletic Office. These forms are necessary for the safety of your son/daughter and also used for emergency communication with parents, insurance companies, etc. Please note these forms need to be signed by the school nurse and/or athletic trainer after checking for current written proof of sports physical exam (performed in the last 13 months) and impact testing.

Please note that Region #4 will offer Impact Testing at John Winthrop on June 5 and 8, and at VR on June 4 and 7. We will also hold an "if needed" session on June 18 at VR. This is a computer test to measure "normal" brain function. These sessions will occur after school and students will be able to take the late bus home. At this time all incoming 9<sup>th</sup> graders and "juniors to be" need to be tested as well as any new athletes. The test is good for 2 years. Prospective athletes should sign up at school for this test.

- 1. Emergency Permission Form**
- 2. Parent/Student Acknowledgement Form**

**Note: incoming 9<sup>th</sup> graders are all academically eligible to participate in fall athletics. All grade 10-11-12 students must have earned 4 credits the previous school year.**

All completed forms must be submitted to the Athletic Dept. before your child will be allowed to try out, practice or play. Please note that VRHS coaches will be contacting incoming 9<sup>th</sup> graders with information regarding August practices before the start of school. This will occur during June of 2012 before school is out for the summer.

The VRHS athletic office staff will make all athletic forms available at Valley Regional and John Winthrop schools before the end of this school year. Provisions have been made for Impact testing at both schools during June. All families are encouraged to complete the sign up process for fall sports during June to prevent being left out in August. The office staff, nurse and trainer will be available Thursday, August 23<sup>th</sup> from 9:30am to 11:30am and again on Monday, August 27<sup>th</sup> from 12:00 noon to 2pm for late registrations and Impact testing.

**Note: All forms are available in the High School office, which is open during the summer months, outside the Athletic Office or they can be downloaded from the School web page of [www.vrhs.com](http://www.vrhs.com).**